



Blues Ain't Nothing But a Good Soul Feeling Bad: Daily Steps to Spiritual Growth

Sheldon Kopp

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In this companion volume to *If You Meet the Buddha on the Road, Kill Him!* renowned psychotherapist Sheldon Kopp poses thoughts and questions about the universal uncertainties that we all face.

Blues Ain't Nothing But a Good Soul Feeling Bad covers such topics as:

- How do I find a self of my own?
- Where am I in my life?
- Who am I in my world?
- Where do I go from here?

Kopp doesn't resolve these uncertainties but shows the way to find the answers that come from within. Challenging and provocative, *Blues Ain't Nothing But a Good Soul Feeling Bad* helps us face our flaws and learn to accept all that we are.

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